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OUR 21 MIN STORY

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MAKE AN APPOINTMENT

Schedule
Your FREE
Test Drive
NOW!



No sweat workout,
in your street clothes,
with a coach!



21 Minute Convenience
Fitness™ has been featured
on CNN and NBC News.

[>Read Members' Rave Reviews](#)



CNN says: *"Convenience Fitness is really starting to catch on!"*

Get Ready to Change Your Life with Our 21 Minute Workout!

No matter what your age or current fitness level (from couch potatoes to elite athletes, to Seniors who have never worked out before), we can help you achieve and maintain a lifetime of fitness in just 21 minutes!

The No-Sweat Approach in a No-Stress Atmosphere

From the moment you walk in, you'll notice the 21 Minute difference. Your brief workout sessions (done with a Coach, in your street clothes!), fit easily and conveniently into your schedule, leaving you with plenty of time and extra strength to pursue your favorite activities.

Our Revolutionary Program Guarantees Results!

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